

**Outdoor Track & Field Competition
Booklet 2021 v3**



**Athletics
Leinster**

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Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2021 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce all policies for the 2021 season.

The IAAF Rule Book 2018 - 2019 applies unless otherwise stated. In the event of any conflict between the rules of the IAAF and the rules set out herein, the following rules have precedence.

1 Policy Statement for the Athletic Association of Ireland

1.1 Code of Ethics

- 1.1.1 Extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules.

The Athletic Association of Ireland is fully committed to safeguarding the well-being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the Code of Ethics and Good Practice for Children's Sport.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.

- 1.1.2 The Code of ethics has been distributed to all clubs and is readily available from Athletics Ireland under the following link:

https://www.athleticsireland.ie/downloads/other/code-of-ethics-for-children_soft.pdf

2 Code of Conduct

Athletics Leinster will not tolerate any breach of rules set out in the following Codes of Conduct. Any technical official, athlete, or parent/spectator whose behaviour is inconsistent with these codes during any Athletic Leinster events will be dealt with appropriately.

2.1 Technical Officials Code of Conduct

- 2.1.1 Technical Officials are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/index.php/competition/officials/code-of-conduct/>

2.2 Athlete Code of Conduct

- 2.2.1 Athletes are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/juvenile/child-welfare/athletes/>

2.3 Parent/Spectator Code of Conduct

- 2.3.1 Parents/Spectators are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/index.php/juvenile/child-welfare/adults-carers/>

3 Photographic Images

3.1 Image Guidelines

- 3.1.1 The use of the word 'image' refers to all photographic and film/video footage.
- 3.1.2 Persons wishing to use photographic devices at events must first register with the organiser prior to the event.
- 3.1.3 For registration, each person may be required to produce acceptable photographic identification as proof of identity.
- 3.1.4 Athletics Leinster works under the umbrella of the Athletics Ireland's Filming and Photography Guidelines, please use link to make yourself familiar with all aspects of guide. [AAI Filming and Photography Guideline](#)

4 Registration

4.1 Online Entry System

- 4.1.1 All Athletics Leinster Outdoor Competitions will operate on an online registration system only.
- 4.1.2 Click on the link to take you to registration. [Event Entry System](#)
- 4.1.3 Use the following URL if you do not have access at this time:
<https://athleticsireland.entry4sports.com/wp-login.php>
- 4.1.4 Athletics Leinster Online Registration will apply a late entry fee.
- 4.1.5 Pay on the day for events will not be accepted unless stated under the rules for said event.

4.2 Standard Entry Fees

- 4.2.1 Athletes U12 to U16 €4 per event entered.
- 4.2.2 Athletes U17 to U19 €5 per event entered.
- 4.2.3 Junior Athlete €6 per event entered.
- 4.2.4 Senior and Master Athletes €10 per event entered.

4.3 Late Entry Fees

- 4.3.1 Athletes U12 to U16 €8 per event entered.
- 4.3.2 Athletes U17 to U19 €10 per event entered.
- 4.3.3 Junior Athlete €12 per event entered
- 4.3.4 Senior and Master Athletes €20 per event entered

5 General Guidelines

5.1 Officials

- 5.1.1 It is the responsibility of all clubs, without exception, to provide officials for competitions in which their athletes are competing.
- 5.1.2 Failure of a club to provide officials will result in a club's athletes not being permitted to compete.
- 5.1.3 Officials must sign in at the check-in desk on the day of competition, and must be available to officiate for the duration of the competition.
- 5.1.4 It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

- 5.1.5 Only club officials can request amendments to their team.
- 5.1.6 Coach/Team Managers are responsible for all their athletes, no exceptions.

5.2 Athletic Proficiency

- 5.2.1 Athletic proficiency for participation is not optional.
- 5.2.2 In the interest of safety for all present, it is the responsibility of **ALL** coaches to ensure athletes exhibit proficiency in all events on the day of competition.
- 5.2.3 In the event of an athlete failing to exhibit the required or expected level of proficiency in a discipline, a coach or parent will be contacted and the athlete sympathetically requested to withdraw from the event.

5.3 In-Field Coaching

- 5.3.1 Coaches and parents are strictly not allowed on the track or infield at any time.
- 5.3.2 In-field is for officials & competing athletes.
- 5.3.3 Those found to be in violation of this rule risk disqualification of their athletes.

5.4 Valid Competition

- 5.4.1 Pertaining to the master competitions, an event which has less than three (3) competitors will not be held.
- 5.4.2 An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors.
- 5.4.3 This applies to all Masters Categories.

5.5 Competition Timetable

- 5.5.1 The order of events is only a guide and is subject to change on the day to ensure the smooth running of each event programme.
- 5.5.2 Alterations to the Timetable will be published on the Athletics Leinster website and our Facebook page.
- 5.5.3 Athletics Leinster reserves the right to alter the timetables at any time without notice.

5.6 Event Attire

- 5.6.1 Club singlet must be worn. If no singlet is available – a plain white tee-shirt is permitted. No other form of dress (e.g. football shirts) is allowed.
- 5.6.2 Following on from AAI correspondence national apparel is to be worn only when representing Ireland at International Competition.
- 5.6.3 Athletes who compete at any Leinster Athletic events wearing national apparel risk disqualification.
- 5.6.4 5mm spikes only will be allowed on track. Spot checks will take place.
- 5.6.5 **Athletes are not permitted to carry or use electronic recording or transmission equipment during competition.**
- 5.6.6 **Competition starts once an athlete has reported to the call room or checked-in at their field event.**

5.7 Results Processing Rooms

- 5.7.1 Access to the results processing room is restricted to officials only.
- 5.7.2 Coaches, athletes, and parents/spectators are not allowed in the results room at any time.
- 5.7.3 The results room is strictly reserved for processing officials or representatives of Athletics Leinster.
- 5.7.4 Those found to be in violation of this rule risk disqualification of their athletes.

6 Entry & Competition Rules

6.1 Check-In

- 6.1.1 Only Club officials are permitted to collect athlete BIB numbers.
- 6.1.2 Collecting of Number **DOES NOT** mean you are checked in.
- 6.1.3 Check-in and number collection opening times vary for each event, please refer to event timetables for clarification.
- 6.1.4 An announcement will be made by the PA system for all events. Please listen carefully as Athletics Leinster is not responsible for athletes missing their event.

- 6.1.5 Numbers must be collected prior to competition start time. A contact name and number will be taken to allow your club members access to get in touch.
- 6.1.6 There is no limit on the number of athletes a club can enter per individual event.

6.2 Failure to Compete

- 6.2.1 If a final confirmation is given that the athlete will start in an event, but then fails to participate, the athlete shall be excluded from participation in all further events during the competition.
- 6.2.2 If an athlete qualifies in a preliminary round of an event for further participation in that event but then fails to participate further, the athlete shall be excluded from participation in all further events during the competition.
- 6.2.3 If an athlete fails to compete honestly with bona fide effort, the relevant Referee will decide on this and the athlete may be excluded from participation in all further events during the competition.

7 Age Categories

7.1 General

- 7.1.1 All age categories are calculated as at the 31st December in the year of competition, **excluding all master categories.**
- 7.1.2 All ages in this booklet should be read as under the stated age, **excluding all master categories.**
- 7.1.3 No athlete may obtain a birthday in the year of competition and compete in that age category, **excluding all Master categories.**
- 7.1.4 All athletes (excluding U23 and master age categories) are **strictly** confined to their own age groups during competition. A fine of €75 will be levied where this rule is broken.
- 7.1.5 Master athletes are strictly confined to their initial chosen age group during competition. If a master opts to compete as a senior for any of their chosen events, they must remain as a senior for all other events.
- 7.1.6 Athlete Age Categories:

Age Category	Born
U12 Athletes	2010
U13 Athletes	2009
U14 Athletes	2008
U15 Athletes	2007
U16 Athletes	2006
U17 Athletes	2005
U18 Athletes	2004
U19 Athletes	2003
Junior Athletes	2002 – 2005
U23 Athletes	1999 – 2001
Senior Athletes	2005+

7.2 Masters Athletes

- 7.2.1 An athlete is eligible to compete as a master on or after the date of their 35th birthday.
- 7.2.2 Masters age categories are defined by the athlete's age on the day of competition.
- 7.2.3 Masters age categories are compiled over a 5-year period.
- 7.2.4 Masters age category rankings start from lowest being O35, increasing a level with each increase in age category.
- 7.2.5 Master athletes can compete in an age category which is lower than their age category ranking (e.g. M2 can compete as an M1).
- 7.2.6 Masters athletes cannot compete in an age category which is higher than their age category ranking (e.g. M1 cannot compete as an M2).
- 7.2.7 Masters Athletes must declare their chosen age category prior to competing in their first event.
- 7.2.8 Masters athletes must compete in the same age category for their chosen events throughout the competition.
- 7.2.9 Masters athletes who compete in more than one age category during a competition will be disqualified from all events outside of the initial age category competed in.
- 7.2.10 Master Age Categories

Age Category	Minimum Age on Day of Competition	Women	Men
Master O35	35	W1	M1
Master O40	40	W2	M2
Master O45	45	W3	M3
Master O50	50	W4	M4
Master O55	55	W5	M5
Master O60	60	W6	M6
Master O65	65	W7	M7
Master O70	70	W8	M8
Master O75	75	W9	M9
Master O80	80	W10	M10
Master O85	85	W11	M11

8 Field Event Guidelines

8.1 General Guideline

- 8.1.1 Field event check-in takes place at the location where the event takes place.
- 8.1.2 **Athletes using their own throwing implements must declare and get them signed off at weigh-in prior to competing in their event. Failure to do so risks disqualification.**
- 8.1.3 All field event athletes must be technically proficient and competent in the event in the interest of their and others safety.
- 8.1.4 **No athletes can receive in-field coaching throughout the duration of the competition once started. Athletes found to be in breach of this rule risk disqualification.**
- 8.1.5 Athletes will be called 15 minutes prior to start time. All athletes must check-in during this time to ensure they can compete.
- 8.1.6 An announcement will be made by the PA system for all field events, please listen carefully as Athletics Leinster are not responsible for athletes missing their event.
- 8.1.7 **Athletes called to their field event whilst competing in another event can get a representative to check-in for them.**
- 8.1.8 Once an event is complete and results signed off, the competition is closed.
- 8.1.9 **No field event can be reopened once it has been closed.**
- 8.1.10 Coach/Team Managers are responsible for all their athletes, no exceptions.
- 8.1.11 **Warm up trials may be permitted prior to each event.**
- 8.1.12 **Warm-up trials are at the event officials' discretion.**

8.2 Jump and Throw Guidelines

- 8.2.1 An athlete may request, upon completion of their trials in field events, to leave the competition area if required for medal presentation.
- 8.2.2 There will be three (3) trials allowed in all field events, with a further three trials for the top eight competitors unless otherwise stated in an event programme.
- 8.2.3 In master's competition, an athlete has four (4) trials only.
- 8.2.4 Athletes checked-in to a field event with more than eight (8) competitors in an age category may enter the event at any point up to the end of the third (3) trial.
- 8.2.5 Athletes checked-in to a field event with eight (8) competitors or fewer in an age category, can enter the event at any point up until the event closes.

8.3 Jump Guidelines

- 8.3.1 Athletes who compete in the High Jump and Pole Vault may continue to compete in competition until they have accumulated 3 consecutive fouls.
- 8.3.2 Any legal High Jump method may be used.
- 8.3.3 **Run up marks for High Jump events must be of easily removable tape. Use of any other type of marking system risks disqualification.**
- 8.3.4 **All jump marks used by athletes must be removed once their competition is complete.**

8.4 Throw Guidelines

- 8.4.1 Turbo Javelin throw as per Javelin throw (tip must touch ground first to count).
- 8.4.2 U12 Turbo Javelin - one throw per athlete per round with the throw measured to where the tip first touches the ground.

8.5 Throwing Implements

8.5.1 Male Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer	Weight For distance
U12 Boys	2k		300gr			
U13 Boys	2k			400gr		
U14 Boys	2.72k	0.75k		400gr	2.5k	
U15 Boys	3k	1k		500gr	3k	
U16 Boys	4k	1k		600gr	4k	
U17 Boys	5k	1.5k		700gr	5k	
U18 Boys	5k	1.5k		700gr	5k	
U19 Boys	6k	1.75k		800gr	6k	
Junior Men	6k	1.75k		800gr	6k	35k
U23 Men	7.26k	2k		800gr	7.26k	35k
Senior Men	7.26k	2k		800gr	7.26k	56k
Master Men O35 -O45	7.26k	2k		800gr	7.26k	56k
Master Men O50 -O55	6k	1.5k		700gr	6k	35k
Master Men O60 -O65	5k	1k		600gr	5k	35k
Master Men O70 -O75	4k	1k		500gr	4k	35k
Master Men O80+	3k	1k		400gr	3k	35k

8.5.2 Female Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer
U12 Girls	2k		300gr		
U13 Girls	2k			400gr	
U14 Girls	2k	0.75k		400gr	2.5k
U15 Girls	2.72k	0.75k		400gr	2.5k
U16 Girls	3k	1k		500gr	3k
U17 Girls	3k	1k		500gr	3k
U18 Girls	3k	1k		500gr	3k
U19 Girls	4k	1k		600g	4k
Junior Women	4k	1k		600gr	4k
U23 Women	4k	1k		600gr	4k
Senior Women	4k	1k		600gr	4k
Master Women O35 -O45	4k	1k		600gr	4k
Master Women O50 -O55	3k	1k		500gr	3k
Master Women O60 -O70	3k	1k		400gr	3k
Master Women O75 +	2k	0.75k		400gr	2k

9 Track Event Guidelines

9.1 General Guidelines

- 9.1.1 Track check-in takes place at Call Room.
- 9.1.2 Athletes will be called 15 minutes prior to their race. All athletes must check-in during this time to ensure they can compete.
- 9.1.3 Announcement will be made by the PA system for all track events, please listen carefully as Athletics Leinster is not be responsible for any athletes missing their event.
- 9.1.4 Athletes cannot step up an age group to complete in an event not held in their age group.
- 9.1.5 All events are finals unless otherwise indicated by Heats.
- 9.1.6 The guidelines for middle distance events are: a straight final will be held if there are 16 or less competitors in the 600m and 800m, 20 or less competitors in the 1500m.
- 9.1.7 If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- 9.1.8 Athletes must leave the track area when their event is complete.
- 9.1.9 Coaches and parents/spectators are not allowed on the track at any times.
- 9.1.10 All parent/spectator or club official found on the track risks their athlete and club being disqualified.
- 9.1.11 Coach/Team Mangers are responsible for all their athletes, no exceptions.

9.2 Starting Blocks.

- 9.2.1 Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
- 9.2.2 Starting blocks are optional for U12 and U13 athletes. Athletes not using starting blocks must start from a 4-point crouching position.
- 9.2.3 The Start Commands for all sprints are "On Your Marks", then "Set".

9.3 False Start

- 9.3.1 IAAF False start outdoor rules apply.
- 9.3.2 U16 upwards – first false start results in disqualification.
- 9.3.3 U12, U13, U14, and U15 – first false start and all athletes are on a warning; next and subsequent false starts result in disqualification.

9.1 Relay Guidelines

- 9.1.1 Athletes must be a least eight (8) years old in the year of competition.
- 9.1.2 Athletes may step up one (1) age group only.
- 9.1.3 At least two (2) athletes competing on a relay team must be of that age group.
- 9.1.4 U17, U18, and U19 age groups, all athletes may step up one age group.
- 9.1.5 U16 athletes may not step up an age group to compete in the 4 x 400m relays.
- 9.1.6 Changes to relay entries will be accepted on the day of competition provided proof of registration can be given.

9.5 Hurdle Specifications

9.5.1 Sprint Hurdle Heights

Age Group	Distance	Height	No.	Approach	Interval	Finish
U13 Girls	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U13 Boys	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U14 Girls	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
U14 Boys	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
U15 Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
U16 Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
U15 Boys	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
U17 Girls	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
U18 Girls	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
U16 Boys	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
U19 Girls	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
U17 Boys	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
U18 Boys	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
U19 Boys	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m
Junior Women	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Senior Women	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Master Women O35	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Master Women O40 - O45	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Junior Men	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m
Senior Men	110m	106.7cm 3' 6"	10	13.72m	9.14m	14.02m
Master Men O35 - O45	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m

9.5.2 Distance Hurdle Heights

Age Group	Distance	Height	No.	Approach	Interval	Finish
U15 Girls	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
U16 Girls	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
U15 Boys	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
U16 Boys	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
U17 Girls	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
U17 Boys	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
U18 Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
U19 Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
U18 Boys	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
U19 Boys	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
Junior Women	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Senior Women	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Junior Men	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
Senior Men	400m	91.4cm 3' 0"	11	45.00m	35.00m	40.00m

10 Entry to the National Championships

10.1 Juveniles U12 to U16 Categories

10.1.1 The first three athletes in the all events will qualify for the National Juvenile Track and Field Championships.

10.1.2 All entries to nationals are made by the regional secretary.

10.7.1 **ALL ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

10.7.2 **Entries to competition via Club Secretaries**

10.2 Athletes qualified and NOT competing at Nationals

10.2.1 Club secretaries are required to inform the regional secretary if any of their qualified athletes are not able to compete at the national championships.

10.2.2 Club secretaries may be notified by the regional secretary to offer the next best athlete to replace a qualified athlete who is not available to compete at the national championships.

11 Appeals Procedure

11.1 Verbal

- 11.1.1 Any appeal in the first instance shall be given orally by the athlete or club official to the competition track or field referee as appropriate within 15 minutes of the closing of the event.

11.2 Written

- 11.2.1 If the athlete or club official does not agree with this decision, they have the right to appeal to a Jury of Appeal, accompanied by a fee of €20.00 (refundable in the case of a successful appeal).
- 11.2.2 This appeal must be presented using an official appeal form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.
- 11.2.3 The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.
- 11.2.4 The Jury of Appeal shall, in the first instance, be composed of the Athletics Leinster Chairperson, and 2 other Athletics Leinster Executive Officers, to be determined on the day of competition.
- 11.2.5 In the case of a conflict of interest an alternate shall replace the conflicted member(s) for the determination of that issue.
- 11.2.6 All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.

12 Athlete Age Category Event List

12.1 Guidelines

12.2 U12 – U14 Girls and Boys

U12 Girls	U13 Girls	U12 Boys	U13 Boys	U14 Girls
60m Sprint	60m Hurdles 80m Sprint	60m Sprint 600m Long Jump	60m Hurdles 80m Sprint 600m Long Jump	75m Hurdles 80m Sprint 200m Sprint
600m	600m	Turbo Javelin High Jump Shot Put	Javelin High Jump Shot Put	800m 1500m 2000m Walk
Long Jump Turbo Javelin High Jump Shot Put	Long Jump Javelin High Jump Shot Put			Long Jump Javelin High Jump Shot Put Hammer Discus

12.3 U14 Boys – U19 Boys

U14 Boys	U15 Boys	U16 Boys	U17 Boys	U18 Boys	U19 Boys
75m Hurdles	80m Hurdles 250m Hurdles	100m Hurdles 250m Hurdles	100m Hurdles 300m Hurdles	110m Hurdles 400m Hurdles	110m Hurdles 400m Hurdles
80m Sprint 200m Sprint	100m Sprint 200m Sprint	100m Sprint 200m Sprint	100m Sprint 200m Sprint 400m Sprint	100m Sprint 200m Sprint 400m Sprint	100m Sprint 200m Sprint 400m Sprint
800m 1500m	800m 1500m	800m 1500m 3000m	800m 1500m 3000m	800m 1500m 3000m	800m 1500m 3000m
2000m Walk	2000m Walk	3000m Walk	2000m S/chase 3000m Walk	3000m S/chase 5000m Walk	3000m S/chase 5000m Walk
Long Jump Javelin High Jump Shot Put Hammer Discus	Long Jump Javelin High Jump Shot Put Hammer Discus Triple Jump	Long Jump Javelin High Jump Shot Put Hammer Discus Triple Jump	Long Jump Javelin High Jump Shot Put Hammer Discus Triple Jump	Long Jump Javelin High Jump Shot Put Hammer Discus Triple Jump	Long Jump Javelin High Jump Shot Put Hammer Discus Triple Jump

Pole Vault

Pole Vault

Pole Vault

Pole Vault

Pole Vault

12.4 U15 Girls – U19 Girls, Junior Women

U15 Girls	U16 Girls	U17 Girls	U18 Girls	U19 Girls	Junior Women
80m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles
250m Hurdles	250m Hurdles	300m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles
100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
		400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
	3000m	3000m	3000m	3000m	3000m
		2000m S/chase	2000m S/chase	3000m S/chase	3000m S/chase
2000m Walk	2000m Walk	3000m Walk	3000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus	Discus
	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault

12.5 Junior, Senior & Master Men

Junior Men	Senior Men	Master Men 035 -045	Master Men 050 – 060	Master Men 065+
110m Hurdles	110m Hurdles	110m Hurdles		
400m Hurdles	400m Hurdles	400m Hurdles		
80m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
3000m	5000m	5000m	5000m	3000m
3000m S/chase	3000m S/chase	3000m S/chase		
5000m Walk	5000m Walk	5000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault		

Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.
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12.6 Senior & Master Women

Senior Women	Master Women 035	Master Women 040 -045	Master Women 050 – 060	Master women 065+
100m Hurdles	100m Hurdles	80m Hurdles		
400m Hurdles	400m Hurdles	400m Hurdles		
100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
5000m	5000m	5000m	5000m	3000m
3000m S/chase	3000m S/chase	3000m S/chase		
3000m Walk	3000m Walk	3000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault		
Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.

Athletics Leinster Track & Field Programme

Event Date	Start Time	Event Type	Venue	Registration Opens	Registration Closes	Late Entry Opens	Late Entry Closes
Saturday 3 rd July	10.00	Junior Senior Master Championships	IT Carlow	21st June	26th June	27th June	28th June
Sunday 4 th July	10.00	Junior Senior Master Championships	IT Carlow	21st June	26th June	27th June	28th June
Saturday 10 th July	10.00	U12 -U13 Championships U16/17/18/19 3000m	IT Carlow	30th June	3rd July	4th July	5th July
Saturday 17 th July	10.00	U14-U19 Day 1	IT Carlow	30 th June	9th July	10th July	12th July
Sunday 18 th July	10:00	U14-U19 Day 2	IT Carlow	30 th June	9th July	10th July	12th July
Saturday 24 th July	10.00	U14-U19 Day 3	IT Carlow	30 th June	9th July	10th July	12th July



Athletics Leinster
Junior, Senior & Master Championships
Saturday and Sunday 3rd and 4th July
IT Carlow

<https://goo.gl/maps/M5PSTWDQRFav3mFT8>

IT Carlow, 10:00am Saturday July 3rd

13.1 Junior, Senior & Master Track Timetable **Day 1**

Time	Age Category	Event	Specifications
9:00	Check -in opens		
10:00	Junior Women	3000m Steeplechase	2'6" 76.2cm
	Senior Women	3000m Steeplechase	2'6" 76.2cm
	Masters Women	3000m Steeplechase	2'6" 76.2cm
	Junior Men	3000m Steeplechase	3'0" 91.4cm
	Senior Men	3000m Steeplechase	3'0" 91.4cm
	Master Men	3000m Steeplechase	3'0" 91.4cm
	Senior Women	100m Hurdles	2'9" 84.0cm
	Master Women O35	100m Hurdles	2'9" 84.0cm
	Masters Women O40-O45	80m Hurdles	2'6" 76.2cm
	Senior Men	110m Hurdles	3'3" 99.0cm
	Masters Men O35-O45	110m Hurdles	3'3" 99.0cm
	Senior Women	1500m	
	Masters Women	1500m	
	Senior Men	1500m	
	Masters Men	1500m	
	Junior Women	100m Sprint	Heats
	junior Men	100m Sprint	Heats
	Senior Women	100m Sprint	Heats
	Senior Men	100m Sprint	Heats
	Master Women	100m Sprint	Final
	Master Men	100m Sprint	Final
	Senior Women, Junior Women	3000m Walk	
	Master Women	3000m Walk	
	Master Men, Junior Men	3000m Walk	
	Senior Men	5000m Walk	
	Junior Women	100m Sprint	Final
	Junior Men	100m Sprint	Final
	Senior Women	100m Sprint	Final
	Senior Women	100m Sprint	Final
	Junior Women	400m Sprint	Timed race
	Junior Men	400m Sprint	Timed race
	Senior Women	400m Sprint	Timed race
	Senior Men	400m Sprint	Timed race
	Master Women	400m Sprint	Timed race
	Master Women	400m Sprint	Timed race

13.2 Junior, Senior & Masters Field Programme

Time	Long Jump	Shot Put		Pole Vault	
10am	Junior Men	Junior Women		Junior Women	
	Senior Men	Senior Women		Senior Women	
	Master Men	Master Women		Master Women	
	Junior Women	Junior Men		Junior Men	
	Senior Women	Senior Men		Senior Men	
	Master Women	Master Men		Master Men	
Time		Javelin		Weight for Distance	
2pm		Junior Men		Junior Men	
		Senior Men		Senior Men	
		Master Men		Master Men	
		Junior Women		Junior Women	
		Senior Women		Senior Women	
		Master Women		Master Women	

13.3 Junior, Senior & Master Track Timetable Day 2

Time	Age Category	Event	Specifications
9:00	Check -in opens		
10:00	Junior + Senior Men	400m Hurdles	3'0" 91.4cm
	Master Men O35-O45	400m Hurdles	3'0" 91.4cm
	Junior + Senior Women	400m Hurdles	2'6" 76.2cm
	Masters Women O35-O45	400m Hurdles	2'6" 76.2cm
	Junior + Senior Women	800m	
	Master Women	800m	
	Junior + Senior Men	800m	
	Master Men	800m	
	Master Women	200m Sprints	
	Master Men	200m Sprints	
	Junior + Senior Women	200m Sprints	
	Junior + Senior Men	200m Sprints	
	Junior + Senior Women	3000m	
	Masters Women	3000m	
	Masters Men O65	3000m	
	Senior Men	5000m	
	Masters Men O35-O60	5000m	
	JSM	4x100m Relay	
	JSM	4x400m Relay	

13. Junior, Senior & Masters Field Programme

Time	High Jump			Hammer	
10am	Junior Men			Junior Women	
	Senior Men			Senior Women	
	Master Men			Master Women	
	Junior Women			Junior Men	
	Senior Women			Senior Men	
	Master Women			Master Men	
Time		Triple Jump		Discus	
2pm		Junior Men		Junior Men	
		Senior Men		Senior Men	
		Master Men		Master Men	
		Junior Women		Junior Women	
		Senior Women		Senior Women	
		Master Women		Master Women	

13.5 Junior, Senior & Master Event Entry Fees

- 16.3.1 Online registration only, (refer to section 4), **late entry fees apply**
- 16.3.2 No entries will be accepted after late entry registration closes.
- 16.3.3 Payment by card only.
- 16.3.4 **There will be no entrance fee at the gate for this event.**
- 16.3.5 No Guests for the 2021 Season.
- 16.3.6 2 Events only per Athlete



U12-U13 Championship's
U16/17/18/19 3000m
Saturday 10th July
IT Carlow

<https://goo.gl/maps/M5PSTWDQRFav3mFT8>

IT Carlow
Saturday 10th July
Start-time: 10:00am

14.1 U12 – U13 Track Timetable

Time	Age Category	Event	Event Type		
9:00	Check -in Opens				
10:00	U12 Girls	600m	Heat		
	U12 Boys	600m	Heat		
	U13 Girls	600m	Heat		
	U13 Boys	600m	Heat		
	U16 Girls	3000m			Final
	U16 Boys	3000m			Final
	U17 Girls	3000m			Final
	U17 Boys	3000m			Final
	U12 Girls	600m			Final
	U12 Boys	600m			Final
	U13 Girls	600m			Final
	U13 Boys	600m			Final
	U12 Girls	60m Sprint	Heat		
	U12 Boys	60m Sprint	Heat		
	U13 Girls	80m Sprint	Heat		
	U13 Boys	80m Sprint	Heat		
	U12 Girls	60m Sprint		Semi	
	U12 Boys	60m Sprint		Semi	
	U13 Girls	80m Sprint		Semi	
	U13 Boys	80m Sprint		Semi	
	U18 Girls	3000m			Final
	U18 Boys	3000m			Final
	U19 Girls	3000m			Final
	U19 Boys	3000m			Final
	U12 Girls	80m Sprint			Final
	U12 Boys	60m Sprint			Final
	U13 Girls	80m Sprint			Final
	U13 Boys	80m Sprint			Final

17.2 U12 – U13 Field Timetable

Field Events						
Time	Long Jump (Pit 1)		Turbo Javelin (Area 1)	Javelin	Shot Put	High Jump
10.00	U13 Girls		U12 Girls		U12 Girls	U12 Boys
	U12 Girls		U12 Boys		U13 Girls	U13 Boys
2.00	U13 Boys			U13 Girls	U12 Boys	U12 Girls
	U12 Boys			U13 Boys	U13 Boys	U12 Boys

17.3 U12 -U13 Event Entry Fees

Online registration only (refer to section 4), **late entry fees apply**

Strictly no guests allowed.

Payment by Card only.

One parent allowed per athlete

No podium presentation. Medals at field events given at end of competition.

Track medals given as soon as result confirmed

2 Events only per Athlete



Athletics Leinster
Day 1 Juvenile Championships
Saturday 17th July
IT Carlow

<https://goo.gl/maps/M5PSTWDQRFav3mFT8>

IT Carlow
Saturday 17th July
Start-time: 10:00am

15.1 Juvenile Track Timetable

Time	Age Category	Event	Event Type	Specifications
09:00	Check -in Opens			
10:00	U17 Girls	400m Sprint		Times
	U17 Boys	400m Sprint		Times
	U18 Girls	400m Sprint		Times
	U18 Boys	400m Sprint		Times
	U19 Girls	400m Sprint		Times
	U19 Boys	400m Sprint		Times
	U14 Girls	80m Sprint	Heat	
	U14 Boys	80m Sprint	Heat	
	U15 Girls	100m Sprint	Heat	
	U15 Boys	100m Sprint	Heat	
	U16 Girls	100m Sprint	Heat	
	U16 Boys	100m Sprint	Heat	
	U17 Girls	100m Sprint	Heat	
	U17 Boys	100m Sprint	Heat	
	U18 Girls	100m Sprint	?	Final
	U18 Boys	100m Sprint	?	Final
	U19 Girls	100m Sprint	?	Final
	U19 Boys	100m Sprint	?	Final
	BREAK			
	U14 Girls	80m Sprint		Final
	U14 Boys	80m Sprint		Final
	U15 Girls	100m Sprint		Final
	U15 Boys	100m Sprint		Final
	U16 Girls	100m Sprint		Final
	U16 Boys	100m Sprint		Final
	U17 Girls	100m Sprint		Final
	U17 Boys	100m Sprint		Final
	U18 Girls	100m Sprint		Final
	U18 Boys	100m Sprint		Final
	U17 Girls	100m Sprint		Final
	U17 Boys	100m Sprint		Final
	U14 Girls	1500m		Final
	U14 Boys	1500m		Final
	U15 Girls	1500m		Final
	U15 Boys	1500m		Final
	U16 Girls	1500m		Final
	U16 Boys	1500m		Final
	U17 Girls	1500m		Final
	U17 Boys	1500m		Final
	U18 Girls	1500m		Final
	U18 Boys	1500m		Final
	U19 Girls	1500m		Final
	U19 Boys	1500m		Final

15.2 Juvenile Field Timetable

JUMPS				
Time	High Jump	Long Jump		
10:00	U17 Boys	U14 Boys		
	U14 Girls	U15 Girls		
	U15 Boys	U16 Boys		
	U16 Girls	U17 Girls		
		U18 Boys		
		U19 Girls		
Throws				
Time	Shot Put	Discus	Hammer	Javelin
10:00	U16 Boys	U14 Girls		U17 Boys
	U17 Girls	U15 Boys		U18 Girls
	U18 Boys	U16 Girls		U19 Boys
	U19 Girls	U17 Boys		U14 Boys
		U18 Girls		U15 Girls
		U19 Boys		U16 Boys
			U14 Girls	
			U15 Boys	

15.3 Juvenile Field Events Guidelines

15.3.1 Refer to section 8

15.4 Juvenile Track Event Guidelines

15.4.1 Refer to section 9

15.5 Juvenile Event Entry Fees

19.5.1 Online Registration Only (refer to section 4), **late entry fees apply.**

19.5.2 Strictly no guest allowed.

19.5.3 Payment by Card only.

19.5.4 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.

19.5.5 2 Events Per Athlete for U14-U16 & 3 Events Per Athlete for U17-U19



Athletics Leinster
U12 - U19 Championships
Sunday 18th July
IT Carlow
Day 2

<https://goo.gl/maps/M5PSTWDQRFav3mFT8>

Sunday 18th July
Start-time: 10:00am

16.1 Juvenile Track Timetable

Time	Age Category	Event	Event Type	Specifications
09:00	Check -in Opens			
10:00	U17 Girls	800m	Heat	
	U17 Boys	800m	Heat	
	U18 Girls	800m		Final
	U18 Boys	800m		Final
	U19 Girls	800m		Final
	U19 Boys	800m		Final
	U13 Girls	60m Hurdles	Heat	
	U13 Boys	60m Hurdles	Heat	
	U14 Girls	75m Hurdles	Heat	
	U14 Boys	75m Hurdles	Heat	
	U15 Girls	80m Hurdles	Heat	
	U16 Girls	80m Hurdles	Heat	
	U15 Boys	80m Hurdles	Heat	
	U17 Girls	100m Hurdles		Final
	U18 Girls	100m Hurdles		Final
	U16 Boys	100m Hurdles		Final
	U19 Girls	100m Hurdles		Final
	U17 Boys	100m Hurdles		Final
	U18 Boys	110m Hurdles		Final
	U19 Boys	110m Hurdles		Final
	U14-U16 Girls U14-U15 Boys	2000m Walks		Final
	U17-U19 Girls U16-U17Boys U18-U19 Boys	3000m Walks 5000m Walks		Final Final
	U13 Girls	60m Hurdles		Final
	U13 Boys	60m Hurdles		Final
	U14 Girls	75m Hurdles		Final
	U14 Boys	75m Hurdles		Final
	U15 Girls	80m Hurdles		Final
	U16 Girls	80m Hurdles		Final
	U15 Boys	80m Hurdles		Final
	BREAK			
	U14 Girls	200m Sprint	Heat	
	U14 Boys	200m Sprint	Heat	
	U15 Girls	200m Sprint	Heat	
	U15 Boys	200m Sprint	Heat	
	U16 Girls	200m Sprint	Heat	
	U16 Boys	200m Sprint	Heat	

Time	Age Category	Event	Event Type	Specifications
	U17 Girls	800m	Final	
	U17 Boys	800m	Final	
	U14 Girls	200m Sprint	Final	
	U14 Boys	200m Sprint	Final	
	U15 Girls	200m Sprint	Final	
	U15 Boys	200m Sprint	Final	
	U16 Girls	200m Sprint	Final	
	U16 Boys	200m Sprint	Final	

16.2 Juvenile Field Timetable

PIT 1				
Time	High Jump		Long Jump	
10:00	U17 Girls		U14 Girls	
	U14 Boys		U15 Boys	
	U15 Girls		U16 Girls	
	U16 Boys		U17 Boys	
			U18 Girls	
			U19 Boys	
Time	Shot Put	Discus	Hammer	Javelin
10:00	U16 Girls	U14 Boys		U17 Girls
	U17 Boys	U15 Girls		U18 Boys
	U18 Girls	U16 Boys		U19 Girls
	U19 Boys	U17 Girls		U14 Girls
		U18 Boys		U15 Boys
		U19 Girls		U16 Girls
			U14 Boys	
			U15 Girls	

16.3 Juvenile Field Events Guidelines

20.3.1 Refer to section 8

16.4 Juvenile Track Event Guidelines

16.4.1 Refer to section 9

16.5 Juvenile Event Entry Fees

20.5.1 Online Registration Only (refer to section 4), **late entry fees apply.**

- 24.5.1 Standard entry registration opens 30th June and closes the 7th July.
- 24.5.2 Late entry registration opens 8th July and closes the 11th July.
- 24.5.3 Strictly no guest allowed.
- 24.5.4 Payment by Card only.
- 24.5.5 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.
- 24.5.6 2 Events Per Athlete for U14-U16 & 3 Events Per Athlete for U17-U19



Athletics Leinster
U12 - U19 Championships
Saturday 24th July
IT Carlow
Day 3

IT Carlow
Saturday 24th July
Start-time: 10:00am

17.1 Juvenile Track Timetable

Time	Age Category	Event	Event Type	Specifications
09:00	Check -in Opens			
10:00	U14 Girls	800m	Heat	
	U14 Boys	800m	Heat	
	U15 Girls	800m	Heat	
	U15 Boys	800m	Heat	
	U16 Girls	800m	Heat	
	U16 Boys	800m	Heat	
	U19 Girls	3000m Steeplechase	Final	2'6" 76.2cm
	U18 Boys	3000m Steeplechase	Final	3'0" 91.4cm
	U19 Boys	3000m Steeplechase	Final	3'0" 91.4cm
	U17 Girls	2000m Steeplechase	Final	2'6" 76.2cm
	U18 Girls	2000m Steeplechase	Final	2'6" 76.2cm
	U17 Boys	2000m Steeplechase	Final	3'0" 91.4cm
	U17 Girls	200m Sprint	Heat	
	U17 Boys	200m Sprint	Heat	
	U18 Girls	200m Sprint	Final	
	U18 Boys	200m Sprint	Final	
	U19 Girls	200m Sprint	Final	
	U19 Boys	200m Sprint	Final	
	U15 Girls	250m Hurdles	Heat	2'3" 68.6cm
	U16 Girls	250m Hurdles	Heat	2'3" 68.6cm
	U15 Boys	250m Hurdles	Final	2'6" 76.2cm
	U16 Boys	250m Hurdles	Final	2'6" 76.2cm
	U17 Girls	300m Hurdles	Final	2'6" 76.2cm
	U17 Boys	300m Hurdles	Final	2'6" 76.2cm
	U18 Girls	400m Hurdles	Final	2'6" 76.2cm
	U19 Girls	400m Hurdles	Final	2'9" 84.0cm
	U18 Boys	400m Hurdles	Final	2'9" 84.0cm
	U19 Boys	400m Hurdles	Final	3'0" 91.4cm
	U15 Girls	250m Hurdles	Final	2'3" 68.6cm
	U16 Girls	250m Hurdles	Final	2'3" 68.6cm
	U14 Girls	800m	Final	
	U14 Boys	800m	Final	
	U15 Girls	800m	Final	
	U15 Boys	800m	Final	
	U16 Girls	800m	Final	
	U16 Boys	800m	Final	
	U17 Girls	200m Sprint	Final	
	U17 Boys	200m Sprint	Final	

17.2 Juvenile Field Timetable

Jumps					
			Pit 1		
Time	High Jump	Pole Vault	Triple Jump		
10:00	U18 Girls	U15 Girls	U16 Girls		
	U18 Boys	U16 Girls	U17 Girls		
	U19 Girls	U17 Girls	U18 Girls		
	U19 Boys	U18 Girls	U19 Girls		
		U19 Girls			
		U15 Boys	U15 Boys		
		U16 Boys	U16 Boys		
		U17 Boys	U17 Boys		
		U18 Boys	U18 Boys		
		U19 Boys	U19 Boys		
Throws					
Time	Shot Put	Discus	Hammer	Javelin	
10:00	U14 Boys		U16 Girls		
	U14 Girls		U16 Boys		
	U15 Boys		U17 Girls (3kg)		
	U15 Girls		U18 Girls (3kg)		
			U19 Girls (4kg)		
			U17 Boys (2.5kg)		
			U18 Boys (3kg)		
			U19 Boys (4kg)		

Juvenile Event Entry Fees

20.5.2 Online Registration Only (refer to section 4), **late entry fees apply.**

24.5.7 Standard entry registration opens 30th June and closes the 7th July.

24.5.8 Late entry registration opens 8th July and closes the 11th July.

24.5.9 Strictly no guest allowed.

24.5.10 Payment by Card only.

24.5.11 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.

24.5.12 2 Events Per Athlete for U14-U16 & 3 Events Per Athlete for U17-U19

18 Hosting an Athletics Leinster Outdoor Event

18.1 Event Hosting Guidelines.

- 18.1.1 All Counties/Clubs/Venues are encouraged to apply to host any of the Athletics Leinster Outdoor Events.
- 18.1.2 Counties/Clubs/Venues seeking to host an event should contact the Leinster Outdoor T&F Secretary as early as possible with their expression of interest.
- 18.1.3 All expressions of interest must be made to the Leinster Outdoor T&F Secretary before the date of the Athletics Leinster Annual General Meeting for that year.
- 18.1.4 All Counties/Clubs/Venues will be informed as soon as possible of the decision on their expression of interest.
- 18.1.5 The Leinster Outdoor Secretary will arrange to meet and discuss the form of event and layout of venue with the hosting County/Club/Venue.
- 18.1.6 The hosting County/Club/Venue must submit a completed Event Management Form set out in Section 24. The Leinster Outdoor T&F Secretary will assist with the completion of this form.

18.2 Track Hosting Guidelines

- 18.2.1 Hosts will be required to cater for all events set out in the event timetable in the desired event they propose to run.
- 18.2.2 With the growing number of tartan running tracks, Athletics Leinster will seek to host their events at the most suitable venue available. In determining the most suitable venue, Athletics Leinster will have regard, amongst other criteria to:
 - 18.2.2.1 The proposed venue offers field event facilities that no other proposed venue offers.
 - 18.2.2.2 There are no other proposed venues.
- 18.2.3 Athletics Leinster requires that all host venues have secure perimeter fencing surrounding their track area, separating it from spectators.
- 18.2.4 Where host venues that do not have such a perimeter, suitable temporary perimeter fencing must be installed, and accounted for in any costings for the event.

19 Enquiries

Please read the specific details of the competition booklet carefully.

Please direct any errors, queries, or concerns to the Outdoor Track & Field
Competition Secretary.

Carmel Kelly Leinster Athletics Outdoor Track & Field

Email: athleticsleinsteroutdoorsec@gmail.com

Phone Number: 086 1650971

20 Leinster Executives for the year of 2019

Chairperson	Catriona Duffy
Deputy Chairperson	Joe Walsh
Secretary & Registrar	Larry Dunne
Treasurer	Frank Kilrane
Assistant Treasurer	Majella McGrath
Outdoor T&F Secretary	Carmel Kelly
Road & Cross-Country	Greg Duggan
IT, Results & Entries	Andrew Lynam
Indoor T&F Secretary	David Deniffe
Development Officer	Darren Butler
National Committee Rep	Greg Duggan
Juvenile Committee Rep	Catriona Duffy
Competition Committee Rep	Majella McGrath
Child Welfare Officer	Lisa Dixon
Child Welfare Officer	Joe Walsh

Appeal Form

Date:	Time:
Athlete Name:	
Club:	
Event:	
Detail:	
Club Official:	Role:
Appeal Fee €20 (refundable in the case of a successful appeal)	

Please direct any queries to the Athletics Leinster Track & Field competition secretary at:

athleticsleinsteroutdoorsec@gmail.com

Event Management Form

List of criteria that Counties, Clubs, or Venues must have in place to host an Athletics Leinster Championship event.	Responsible Person/s	Confirmed
First Aid		
Refreshments (Officials Only)		
Toilet / Portaloo		
PA system		
Power Supply, (Generator, Mains supply)		
Correct Equipment (Sandpit levels, high jump mats, shot puts, hurdles, Measuring equipment. Weighing Scales)		
Car park Facility with attendants if needed		
Tent and preferably not a white one as this affect computer screen		
Crowd Control in place for health and safety		
A physical barrier from track a rope is not enough		